

yogasaarah shree vishNu stutih

(padma puraaNa)

dileepa uvaacha -

maharshe anugruheeto asmi kathayaa paavanee krutah |
anayaa vishNu sangatyaa gangayevaahamadya vai || 1 ||

kim tat stotram aakhyaahi prasanno yena maadhavah |
tasyaa anaghasya viprasya mahat koutoohalam mama || 2 ||

tat prasaadaat aham vipra manye praaptam manoratham |
mahataam sangatih kasya mahattvaayana kalpate || 3 ||

kathayasva prasaadena vishNo stotram anuttamam |
yena tushTah sa bhagavaana dadou tasya cha darshanam || 4 ||

vasishTha uvaacha -

kathayaami rahasyam te yah japtam stotram uttamam |
praaggruheetam suparNena garuDaana mayi chaa agatam || 5 ||

aadhyaatma garbhasaaram tanmahodayam karam shubham |
sarvapaapaharam bhoopa svaatmagyaanakaram param || 6 ||

|| stotram ||

om namo vaasudevaaya namo vishvaaya chakriNe |
bhaktapriyaaya krushNaaya jagannaathaaya shaarngiNe || 1 ||

stotaa stutyah stutih sarvam jagadvishNuh mayam yadaa |
tadaa samstooyate kena bhaktih modakaree nruNaam || 2 ||

yasya devasya nihshvaaso vedaah saangaah sasootrakaah |
kaa stutih pramude tasya bhaktyaaham mukharobhavam || 3 ||

chakravaddhamate sarvam trailokyam sacharaacharam |
atah tvam geeyate deva chakrapaaNi varaayudha || 4 ||

vedo na vakti yam sakshaan na cha vaagvetti no manah |
madvidhah tam katham staumi bhaktimaana vaa katham bhavet || 5 ||

brahmaadi brahma vishNuh tvam tvameva sakalaashrayah |
srashTaa brahma nidaanam cha shuddham brahmatvam eva cha || 6 ||

koyam kaayah tava vibho bhittvaa sprushati kaayinam |
kaaya doshah na cha aghraatah tasmai namo astu yogine || 7 ||

deva bhaavena jaagarti na nidraati nijaatmani |
sukha sandoha buddhih yaa saa tvam vishNo na samshayah || 8 ||

mahadaadayo mahaabhaavah tathaa vaikaarika guNaaha |
tvameva naatha tatsarvam naanaa tvam moodha kalpanaa || 9 ||

kesha keshava roopaabhih kalpanaatisrubhih tathaa |
tvameva kalpase brahma pumaan iva sutaadibhih | 10 ||

vidosham vighNam chaikam chinmoortih akhilam jagat |
kaveenaam bhaati yat tattvam vishNum naumi nirmalam || 11 ||

yasya gyaanena kurvanti karmaapi shruti bhaashitam |
nireshaNaa jaganmitraah shuddham brahma namaami tat || 12 ||

dhvastetarancha sanmaatram yat prabodhaat upaasate |
yoginah sarva bhooteshu sadroopam naumi tam harim || 13 ||

brahmaaham iti gaayanti yagyaat vai kam varaadvijaah |
pashyanto hi tvayaa tulyam devam tam naumi maadhavam || 14 ||

maayayaa moha vaichitryam tathaaham mamataam nruNaam |
yo naashayati paapoughaan namastasmai chidaatmane || 15 ||

prayaaNe vaa aprayaaNe cha yannaama smarataam nruNaam |
sadyo nashyanti paapoughaan namastasmai chidaatmane || 16 ||

mohaa anala lasat jvaalaa jvalallokeshu sarvadaa |
yat paadaambhoruha Chaayaam pravishTashcha na dahyate || 17 ||

yasya smaraNa maatreNa moho naiva durgatih |
na rogaanaiva duhkhaani tam anantam namaamyaham || 18 ||

kaamayante prajaanaiva dhishaNaabhyah samutthitaah |
lokam aatmaiva pashyanti yam buddhaika charaa janaah || 19 ||

shabdaarthah samvid arthashcha vishNoh naama paro yadi |
satyena tena samsaaro maa samsprushatu maadhava || 20 ||

naaraayaNo jagadvyaapee yadi vedadi sammatah |
satyena tena nirvighnaa vishNuh bhakti mamaastu vai || 21 ||

yo na beejam vinaa beejam beeje yo beeja bhaavitah |
sa vishNuh bhavabeejam me sitavidyaasi naadyatu || 22 ||

tritanuh naTavadyah tu srushTi sthiti layeshu cha |
guNaih bhavati kaaryeshu sa praseedatu me harih || 23 ||

dashadehaavateerNo yo dharma traaNaa kevalam |
abhyarthitah suraih sarvaih sa praseedatu me harih || 24 ||

brahmaadistamba paryantam praaNi hrut mandire amalah |
eko vasati yo devah sa praseedatu me harih || 25 ||

icChaam chakre sa devaagre ekashchaiva bahuh tathaa |
pravishTo devataah srashTaa sa praseedatu me harih || 26 ||

hrut khagah khasamah khaatih khaateetah khakriyah khagah |
khambrahmaa khaadibhuk chaa ante khamoortih tvam makhaashanah || 27 ||

yadbhaasaa yan mudaa yasya maayayaa saiyate jagat |
jaaDyam duhkhamasatyam cha sa bhavaan eva tanmayah || 28 ||

tvat srushTam modate vishvam tvat tyaktamashuchibhih bhavet |
tat sangatopya sangah tvam vikaarah tena tena hi || 29 ||

bhoota yogaja chaitanyam chaa arvaakaayam upaasate |
sougataa bruvate tarkaih tvaam buddhim kshaNa bhrunguraam || 30 ||

shareera parimaaNam tvaam manyante jina devataah |
dhyaaayanti purusham saankhyaah tvaameva prakrute paramh || 31 ||

janmaadi rahitah poorvam yah syaad aananda lakshaNam |
tvaamevopanishad brahma chintayanti parasparam || 32 ||

khaadi bhootaani dehashcha mano buddhi indriyaaNi cha |
vidyaa avidye tvamevaa atra naanyat tvatto asti kinchana || 33 ||

tvam dhaataa sarva bhootaanaam tvameva sharaNam mama |
tvam agnih tvam havih shakro hotaa mantrah kriyaa phalam || 34 ||

tvam asti naasti vaikuNTha tvaamaham sharaNam gatah |
tvam karma phaladaataa cha deekshitaanaam kriyaa phalam || 35 ||

tvam hetu sarva bhootaanaam tvameva sharaNm mama |
yuvateenaam yathaa yooni yoonam cha yuvatou yathaa || 36 ||

manobhiramate tadvat preetih me ramataam tvayi |
api paapam duraachaaram naram tvat praNatam hare || 37 ||

nekshante kim karaayaamya ulookaah tapanam yathaa |
taapa trayamaghaachaishcha taavat peeDayate janam || 38 ||

yaavat smarati no naatha bhaktyaa tvat paada pankajam || 39 ||

yam na sprushanti guNa jaati shareera dharmaa
yam na sprushanti gatayah tvaakhilo indriyaaNaam |
yam cha sprushanti munayo gata sangamohaah
tasmai namo bhagavate haraye karomi || 40 ||

sthoolam vilaapya karaNe karaNam nidaane |
tatkaaraNam karaNa kaarana vaarjite cha |
ittham vilaapya munayah pravishanti tatra
tasmai namo astu haraye muni sevitaaya || 41 ||

yad dhyaana samvahana ghoorNa vasheekrutaam taam
aishvarya chaaru guNineem sukha mokshalakshmeem |
aalingyashe rata ihaatma sukhaika bhaajah
tasmai namo astu haraye muni sevitaaya || 42 ||

janmaadi bhaava vikruteh viraha svabhaave
yasminnayam paridhunoti shaDoormi vargah |
yam taapayanti na sadaa madanaadi doshaah
tam vaasudevam amalam praNato asmi haardam || 43 ||

yad dhyaana sangatamalam vijahaatya vidyaam
yad dhyaana vahni patitam jagadetinaasham |
yat gyaanamullasada sidyati samshayaarim
tam tvaam harim vishaadi bodha ghanam namaami || 44 ||

charaacharaaNi bhootaani sarvaaNi cha hareh vashe |
yathaatra tena satyena purah tishThatu me harih || 45 ||

yathaa naaraayaNah sarvam jagat staavara jangamam |
tena satyena me roopam pradarshayatu keshavah || 46 ||

bhaktih yathaa harou me asti tad varishThaa gurou yadi |
mamaa asti tena satyena svam darshayatu keshavah || 47 ||

tasyai vamsha pathaih satyaih bhaktim tasyaa anuchintayan |
darshayaamaasa chaa atmaanam sa preetah purushottamah || 48 ||

|| phala shrutih ||

tato dattvaa varam tasya poorayitvaa manoratham |
jagaama kamalaakaantah stutyaa vipreNa toshitah || 1 ||

kruta krutyo dvijah so api vaasudeva paraayaNah |
shishyaih saardha japan stotram tasmin naaste tapovane || 2 ||

keertaye adya idam stotram shruNuyaad yo api maanavah |
ashvamedhasya yagyasya praapnoti vipulam phalam || 3 ||

aatma vidyaa prabodham cha labhate braahmaNah sadaa |
na paape jaayate buddhih naiva pashyanta mangalam || 4 ||

buddhi svaasthyam manah svaasthyam svaasthyam aindriyakam tathaa |
nruNaam bhavati sarveshaam asya stotrasya keertanaat || 5 ||

vichaaryartham japet yastu shraddhayaa tatparo narah |
sa vidhooyeha paapaani labhate vaishNavam padam || 6 ||

labhate vaanChitaan kaamaan putra poutraan pashoom tathaa |
deerghamaayuh balam veeryam labhate sa sadaa paThan || 7 ||

tila paatra sahasreNa go sahasreNa yatphalam |
tatphalam samavaapnoti ya imaam keertayet stutim || 8 ||

dharmartham kaama mokshaaNaam yam yam kaamayate sadaa |
aachiraat tamavaapnoti stotreNaanena maanavah || 9 ||

aachaare vinaye dharme gyaane tapasi sannaye |
nruNaam bhavati nityam dheera imaam samshruNvataam stutim || 10 ||

mahaapaataka yukto vaa yukto vaa hyupapaatakaaih |
sadyo bhavati shuddhaatmah stotrasya paThanaat sakrut || 11 ||

pragyaalakshmeeh yashah keertim gyaana dharma vivardhanam |
dushTa grahopashamanam sarvaa ashubha vinaashanam || 12 ||

sarva vyaadhi haram pathyam sarvaa arishTa nishoodanam |
durgatestaraNam stotram paThitavyam dvijaatibhih || 13 ||

nakshatra graha peeDaasu raaja chora bhayeshu cha |
agni chora nipaateshu sadyah sankeertayet idam || 14 ||

simha vyaaghra bhayam naasti naa abhichaara bhayam tathaa
bhoota preta pishaachebhyo raakshasebhyah tathaiva cha || 15 ||

pootanaa jrumbhakebhyashcha vighnebhyaashchaiva sarvadaa |
nruNaam kvachit bhayam naasti stave hyasmin prakeertite || 16 ||

vaasudevasys poojaam yah krutvaa stotram udeerayet |
lipyate paatakaih naa asou padma patramivaambhasaa || 17 ||

ganaadi puNya teertheshu yaa snaanaih naa apyate gatih |
taam gatim samavaapnoti paThan puNyam imaam stutim || 18 ||

ekakaalam dvikaalam vaa trikaalam vaa api yah paThet |
sarvadaa sarva kaaleshu so akshayam sukhamashnute || 19 ||

chaturNaam api vedaanaam triraavrutya cha yatphalam |
tatphalam labhate stotram adheeyaanah sakrunnarah || 20 ||

akshayam dhanam aapnoti streeNaam bhavati vallabhah |
poojaam vindati loka asmin cha shraddhayaa samsmaran harim || 21 ||

sarvadaa sampadaa yukto vipadam naiva gacChati |
gobhih nanhiyate stotram nityam yah keertayeddhi yat || 22 ||

alakshmee kaalakarNee cha duhsvapnam durvichintitam |
sadyo nashyanti bhaktaanaam etam samshruNvataam stavam || 23 ||

praatarutthaaya yo adheete shuchih vishNu paraayaNah |
akshayam labhate soukhyam iha loka paratra cha || 24 ||

deva dyuti praNitam vai vishNu preetikaram shubham |
vishNu prasaada jananam vishNu darshana kaarakam || 25 ||

yogasaaram idam naama stotram parama paavanam |
yah paThet satatam bhaktyaa vishNulokam sa gacChati || 26 ||

iti te kathitam stotram guhyam paapa praNaashanam || 27 ||

*|| iti shree padmapuraaNe pancha panchaashat saahasryaam samhitaayaam uttara
khaNDe maagha maahaatmye vasishTha-dileepa samvaade yogasaara shree vishNu
stotram sampoorNam ||*